

GYM RULES

- 1.) The annual gymnastics program consists of two semesters (September through December and January through Exhibition Day). May and June classes will be held through competition dates for those entered in these competitions.
- 2.) **Gym class forms must be completed and returned with fees to the Instructor prior to the first gym class.** If all papers are not completed, (enrollment form, insurance waiver and rules acknowledgement) class participation will not be allowed. A prospective gymnast may observe a gym class prior to enrollment, but due to insurance regulations, cannot participate until enrolled. All fees are non-refundable.
- 3.) Each child (ages 3-17) participating in any Sokol event is required to join the American Sokol Youth Membership program at a cost of \$10 per child payable at the time of enrollment.
If there is a history of checks with insufficient funds, cash payment will be required.
- 4.) An annual insurance fee is required and is payable at the time of enrollment from Sokol members and Friends of Sokol members.
- 5.) Participants who are not Sokol members will be required to pay a “Friends of Sokol” fee in addition to payment for a full semester of classes that may be partially refunded in the event that membership is established and paid in full.
- 6.) Each Sokol Member Family with children in the gym program is required to work 10 hours at Board of Instructor approved events throughout the gym year (May 1st through April 30th). If enrollment forms are completed and fees are paid prior to Labor Day, the requirement drops to 8 hours. **An undated work deposit check of \$100 is required from each family** upon gym class registration unless hours are completed at summer events prior to enrollment. Work deposit checks will be returned at the end of the semester following the completion of 10 hours of event work.
7. Volunteer work requirements for Children’s Camping do not apply toward the gym program.

APPROVED EVENTS INCLUDE:

- Trivia Nights
- Annual Gymnastic Exhibition
- Spring Czech Festival and Baking Days
- Sokol Picnics
- Additional Board of Instructor Fundraisers currently not scheduled
- Halloween Party
- St. Nick Czech Winter Market
- Local Gym Meets

GYMNAST PARTICIPATION

- 1.) Gymnasts should attend regularly to obtain maximum benefits from gymnastics (100% attendance is desired).
- 2.) Gymnasts are required to purchase a regulation Sokol uniform for the Annual Gymnastic Exhibition and competitions.
- 3.) Gymnasts are required to participate in the Annual Gymnastic Exhibition.
- 4.) Gymnasts should keep the locker rooms, restrooms, and parking areas neat and clean.
- 5.) Fundraising activities are planned to provide revenue for operation of the gym and Travel Fund.
- 6.) For Sokol Travel Fund reimbursement consideration for all Sokol members, participants in Competitions/Slets, the following requirements must be met:
 - Participation in our Annual Gymnastic Exhibition is mandatory
 - 60% attendance in a Slet preparation class (September through April)
 - Sell or purchase a full table for our Adult Trivia Night (1 per family).
 - Sell or purchase 2 tickets per participant (up to 6 tickets per family) for Annual Gymnastic Exhibition
 - Full Sokol membership for a minimum of six months
- 7.) Gymnasts should arrive on time and no earlier than 10 minutes prior to the start of class.

GYM SAFETY

- 1.) No one is allowed on any apparatus before or after classes unless approval is obtained and an instructor is present.
- 2.) Exercises should not be attempted without proper guidance and spotting.
- 3.) Learn to handle the gym equipment safely and properly, especially when moving or setting up the equipment. Return all equipment to the storage location after use, as directed by Instructor.
- 4.) Appropriate gym attire must be worn to all classes. Gymnasts not wearing proper attire will not be allowed to participate and will be marked absent.

Girls must wear a leotard. (No dance skirts attached to leotards). If wearing shorts, they must be athletic shorts over the leotard. Absolutely no jean shorts, pajama pants, shorts with zippers, pockets, buttons, or strings attached.

Boys must wear athletic shorts with shirts tucked in.

- 5.) Jewelry may not be worn during gym classes with the exception of wedding rings, taped down religious medals, or post earrings.
- 6.) Hair must be pulled back from the face of the gymnast for both boys and girls. This helps keep their vision clear and out of the way of their hands, feet and the equipment.
- 7.) Food, drink, glass containers, and gum are not allowed in the gym.
- 8.) Smoking is not permitted in the building.
- 9.) Instructor permission is required to leave the gym for any reason.
- 10.) Parents must accompany children in and out of the gymnasium. Gymnasts must sit and wait in the gym until the parent arrives to pick them up.
- 11.) Appropriate behavior will be required at all times. Inappropriate behavior will be addressed.
- 12.) All non-participants will not be allowed on the gym floor during class.
- 13.) No outside equipment (balls, toys, etc.) is allowed in the gym without consent from the instructor prior to class.

CHILDREN'S CAMPING

Any and all questions regarding Children's Camping should be directed to the current Camping Director. The Board of Instructors only reports the attendance and Exhibition participation.

Volunteer work requirements for the gym program do not apply toward Children's Camping.